

## TONGUE EXERCISES

---

"How to get your tongue ready to train up your children".

God warns us there is a danger of wasting the strength in our tongues. (James 1:26)

God has given us some great exercises to strengthen our tongues.

Here are 12 of them, based on [James chapter 1](#).

1. **Tell your tongue to be Joyful**. Say, "Praise the Lord! He's still working on me" ([vs. 2, 12](#)).
2. **Tell your tongue to speak Patiently**.  
Say, "My goal is to give them all they need for their maturity" ([vs. 3,4](#)).
3. **Tell your tongue to pray for Wisdom**. Say, "I need wisdom" ([vs.5](#)).
4. **Remind your tongue to ask in Faith**.  
Say, "I trust God. He is working all things together for good" (READ [Romans 8:28](#)).  
"I trust God to give me the wisdom I need for this experience" ([vs. 6-8](#)).
5. **Remind your tongue to ask in Hope**.  
Say, "God promises that there are better things to come" ([vs. 9-11](#)).
6. **Tell your tongue to Rejoice and Pray for Endurance**.  
Say, "With God's help I'm not giving up" ([vs. 12](#)).
7. **Tell your tongue to be Thankful**. Say, "Thank you God for giving me rewards" ([vs. 12](#)).
8. **Tell your tongue to be Loving**. Say, "I love you Heavenly Father" ([vs. 12](#)).
9. **Tell your tongue to Stop Complaining**.  
Say "Everything God does is good. I'm the sinner" ([vs. 13-15](#)).  
Complaining is Casting your care on others.  
([1 Pet 5:7-8](#))  
([1 Pet 5:8](#)) "*Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:*"
10. **Tell your tongue not to be Deceived**. Say, "I can count on God to be good to me" ([vs 16-18](#))
11. **Tell your tongue to be Quiet**. Say, "Be slow to speak, so that my ears will be able to be swift to hear, and so that I will be slow to wrath" ([vs. 19-20](#)).
12. **Tell your tongue that you want it to Speak Clean Words**.  
Say, "I will use soap on you if necessary."  
I want my tongue to be clean, b/c I'm getting ready to use it to speak the Word of God" ([vs. 21](#)). It is also good to RECITE ([1 John 1:6-9](#)). Say "Thank you God for forgiving me."
13. **Tell your tongue to Change Gears**. Say, "Now let's practice what you preach. It's time for my feet to exercise" ([vs. 21-27](#)).

### **APPLICATION:**

Edify~Build up ~ Strengthen with my Tongue: ([Eph 4:29](#))

Comfort with my Tongue: ([1 Thes 5:11](#))

Teach & Correct Error with my Tongue: ([Col 3:16-17](#))

Remember this, God wants to give them something that is pure, and you want to keep it that way ([vs. 27](#)).